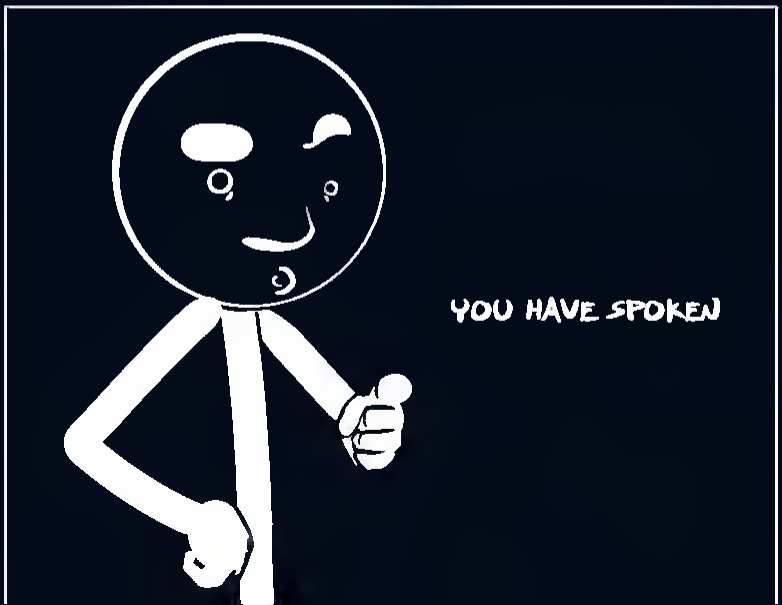
COOKING COMICALLY



AND I HAVE HEARD YOU

YOU WANT RECIPES WITH FEWER AND

CHEAPER INGREDIENTS!

YOU WANT RECIPES THAT ARE DELICIOUS AND EASY AS **** TO MAKE, BUT ALSO ACTUALLY SLIGHTLY DIFFICULT!

YOU WANT RECIPES THAT ARE GLUTEN FREE-PALEO-RAW FOOD-VEGAN-FAIR TRADE JUICE DETOX-CROSSFIT FRIENDLY...

ACTUALLY I'M NOT ENTIRELY SURE ANYMORE
BBQ

CHICKEN!

AQUIRE FOODS

THE CHICKEN STUFF

BBQ Sauce

up to you

Chicken Breasts

3

THE STOCK STUFF

Chicken Broth/Stock

½ Cup 120ml

Lime Juice

1 Tbsp 15ml

Worcester Sauce

1 Tbsp 15ml

Soy Sauce

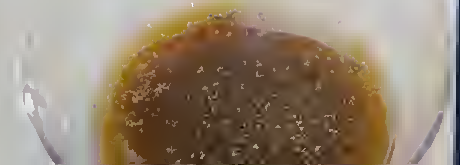
1 Tbsp 15ml

Pepper

1 Tsp 2g

Salt

1 Tsp 6g



ADD ALL THE STOCK STUFF TO A BOWL AND MIX

AND MIX LIGHTLY
AND
GET YOUR CHICKEN TO THE CROCKPOT
POUR THE STOCK STUFF OVER THE CHICKEN

SET THAT CROCKPOT TO HIGH AND GO DO OTHER THINGS FOR ABOUT 3 HOURS
GET YOUR SUMMER ON

TRANSFER

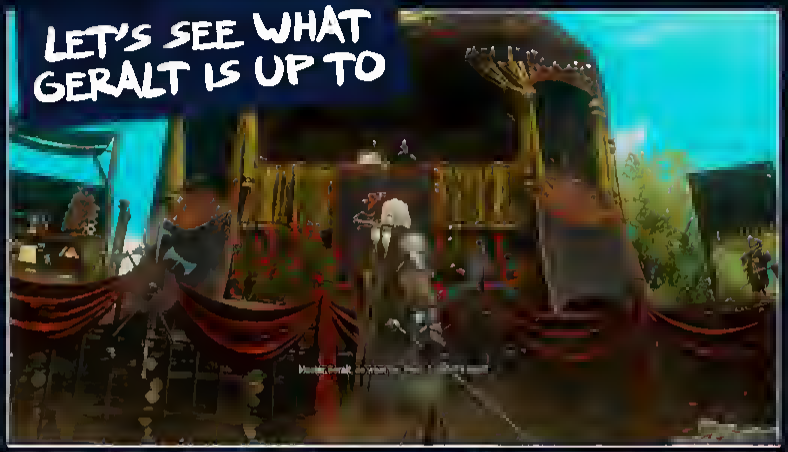
YOUR CHICKEN FROM THE CROCKPOT TO A STRAINER THAT'S A COLOR THEY ONLY MADE IN 1972

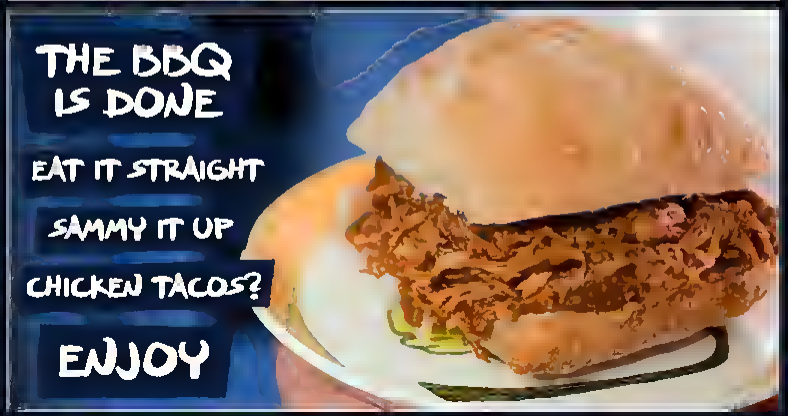
PUT THE SHREDDED CHICKEN BACK

IN THE CLEANED CROCKPOT

ADD AS MUCH BBQ SAUCE AS YOU LIKE AND LET IT GO FOR ANOTHER HOUR

ON SECOND THOUGHT IT'S PRETTY FREAKIN HOT OUT HERE...


LET'S SEE WHAT GERALT IS UP TO


THE BBQ IS DONE
EAT IT STRAIGHT
SAMMY IT UP
CHICKEN TACOS?
ENJOY

THE NOTES

- TO MAKE THIS GLUTEN FREE: LEAVE OUT THE WORCESTERSHIRE AND USE GLUTEN-FREE BBQ SAUCE.

- TO MAKE THIS PALEO: USE MAMMOTH MEAT INSTEAD OF CHICKEN AND USE A PASTE OF BERRIES AND NUTS THAT DON'T EXIST IN ANY RECOGNIZABLE FORM ANYMORE FOR THE SAUCE.

- TO MAKE THIS RAW FOOD VEGAN: WELL ...THAT'S JUST A TERRIBLE IDEA.

- TO MAKE THIS FAIR-TRADE JUICE DETOX FRIENDLY: SUBSTITUE ALL INGREDIENTS FOR A RANDOM SELECTION OF FRESH JUICED VEGETABLES AND ADD DIAPERS TO THE GROCERY LIST.

- TO MAKE THIS CROSSFIT FRIENDLY: KEEP THE RECIPE THE SAME, BUT MAKE IT IN A REALLY UNDISCIPLINED, HAPHAZARD MANNER AND THEN TELL EVERYONE YOU JUST

MADE IT AND GO ON ABOUT HOW DELICIOUS IT WAS AND HOW SORE YOUR ARE FORM MAKING IT AND HOW THEY SHOULD MAKE IT TOO.

- ON AN ACTUAL NOTE YOU CAN ADJUST THIS VERY EASILY. YOU CAN EVEN GET AWAY WITH ONLY USING THE BROTH, CHICKEN AND BBQ SAUCE AND IT WILL STILL BE GOOD.

AND AS ALWAYS

THANK YOU FOR READING

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